

# Cape Cod National Seashore

National Park Service  
U.S. Department of the Interior



## **SALT POND VISITOR CENTER**

OPEN DAILY 9 TO 5, OFF ROUTE 6, EASTHAM.

508 255 - 3421

During the major rehabilitation of the center scheduled to be completed in 2004, visitors to Salt Pond are being served from a small temporary visitor center and bookstore located in the parking area. Staff are on duty to assist with trip planning, and a variety of books, maps, puzzles, games and other interpretive items are available for sale. Portable restrooms are available. Bus parking is limited. The bicycle trail and Nauset Marsh and Buttonbush Trails are open. Check at the temporary center for detours that may be in effect.

## **PROVINCE LANDS VISITOR CENTER**

OPEN DAILY THROUGH OCTOBER 31, OFF RACE  
POINT ROAD, PROVINCETOWN. 508 487 - 1256

Just two miles from the tip of the Cape, this center features an observation deck with 360-degree views, a small exhibit area, showings of park orientation films on the hour (9-4), staff on duty to assist with trip planning, and sales of books, maps, puzzles, games and other interpretive items. Restrooms with flush toilets and sinks are available in the parking area. The Province Lands Bike Trail and Race Point Beach are nearby.

## Explore Your Park

Join an experienced ranger and explore the beauty and variety of park destinations, resources or stories. Walks are moderate to strenuous. All programs are on Thursdays, free, and by reservation only. Call Salt Pond Visitor Center at 508 255 - 3421 to reserve.

**HIKE: "THE PLAINS OF NAUSET" - September 2nd, 9:30 AM. 3 hours, 4 miles.**

Explore the writings and philosophy of Henry David Thoreau and hike through the areas he traversed on his mid-19th century excursions. Literary comparisons of Emerson, Hawthorne and Fuller will also be discussed. Meet at Doane Picnic Area, Eastham. Wear comfortable walking shoes. Sunscreen and bug spray are suggested.

**HIKE: GRIFFIN ISLAND - September 9th, 9:30 AM. 3 to 3½ hours, 4 miles.** Enjoy a hike along the transitional zone between Griffin "Island" and the Herring River flood plain then along the coastal bluffs overlooking Cape Cod Bay. Learn about the natural and human history of this area. Meet at the Great Island parking area, Wellfleet. Wear long pants. Sunscreen and bug spray are suggested.

**WALK: THE LEGEND OF THE PIRATE SHIP WHYDAH - September 16th, 9:30 AM. 2 hours, 1 mile.** Explore the history and legend of this infamous pirate ship and her captain, Black Sam Belamy. Meet at the Marconi Beach bathhouse, Wellfleet.

**WORKSHOP: ANIMAL TRACKS AND SIGN - September 23rd, 9 AM. Up to 2 hours, 1½ miles.** Learn to identify tracks and sign as a way to understand wildlife interactions in the natural world. We will use some basic tools and skills to identify the variety of life on the inside of a barrier beach. Meet at Coast Guard Beach, Eastham.

**CAMPFIRE: PIRATES, STORMS AND SHIPWRECKS - September 30th, 7 PM. ½ mile, 1 hour.** Join around a campfire and hear about some of the adventures, characters and legends that are a part of Cape Cod's maritime history. Meet at Nauset Light Beach, Eastham.

**HIKE: BOUND BROOK ISLAND - October 7th, 9:30 AM. 2½ hours, 1 mile.** Examine Cape Cod's history through one of Wellfleet's first settlements. Learn about the people and the cultural and natural history of this once-thriving community. Meet at the Atwood-Higgins House parking area, Wellfleet. Directions: Take Route 6 north. Left onto Pamet Point Road, the last road before crossing the Truro town line.

# Eastham Programs

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>WALK: SEARCHING FOR BIRDS</b> <b>8 AM</b> up to 1½ hours (plus travel time), distance varies. Free.	Join a skilled birdwatcher at various sites in the park for bird identification and observation. Bring binoculars if you have them. Meet at the Salt Pond Visitor Center to caravan to selected sites. <b>No program 9/29.</b>			●				
<b>CANOE TRIP: NAUSET MARSH</b> <b>10 AM</b> 2½ hours. 2 to 3 miles. (Includes short walk to and from the program site.) \$	Venture onto the water of Nauset Marsh and discover its abundance of life. Meet at Salt Pond Visitor Center. <b>No program 9/19.</b> <i>BASIC EXPERIENCE REQUIRED. ALL EQUIPMENT PROVIDED. ADULT \$20, CHILD \$12. TICKETS MAY BE PURCHASED UP TO 7 DAYS IN ADVANCE EITHER IN PERSON OR BY PHONE WITH A CREDIT CARD. CALL SALT POND AT 508 255 - 3421 FOR RESERVATIONS.</i>	●						
<b>CAPTAIN EDWARD PENNIMAN HOUSE</b> <b>11 AM, T = Tour,</b> <b>1 to 4 PM,</b> <b>OH = Open House</b> Free.	Explore the interior of this historic home at Fort Hill. Learn about this whaling captain and his well-travelled family. <b>OPEN HOUSE</b> , browse through. <b>TOUR, ONE HOUR, BY RESERVATION ONLY. CALL 508 - 255-3421.</b> Limited parking.		T	OH	OH	OH	T	
<b>WALK: LIFE ON THE EDGE</b> <b>2:30 PM</b> 1 hour, 1 mile. Free.	Witness the impact the sea has on the shore and the species that live there. Explore the beach below the bluffs at Nauset Light Beach and discuss the issues associated with an ever-changing shoreline. Meet at Nauset Light Beach parking area.					●		
<b>FAMILY PROGRAM: "SQUISHY, SLIMY AND STINKY"</b> <b>2:30 PM</b> 1 hour, ½ mile. (Includes short walk to & from the program site.) Free.	Study and identify the plants and animals that live within the intertidal zone of a salt marsh, and the survival techniques of its inhabitants. Nets and buckets provided. Meet at the Salt Pond Visitor Center. Wear shoes that can get wet and a bit muddy!						●	
<b>WALK: LAND OF THE NAUSETS</b> <b>2:30 PM</b> 1½ hours, 1½ miles. Free.	Walk through the heart of the traditional lands of the Nauset People. Learn about their way of life and how it changed after European contact. Meet at Hemenway Town Landing (off Route 6, one road north of the blinking light at Fort Hill). <b>No program 9/14.</b>		●					
<b>WALK: LORE OF NAUSET MARSH</b> <b>2:30 PM</b> 1½ hours, 1½ miles. Free.	Learn about the rich natural and human history around Nauset Marsh and how each has affected the other over time. Meet at Salt Pond Visitor Center parking area.			●				
<b>WALK: GLACIAL HISTORY OF CAPE COD</b> <b>2:30 PM</b> 1½ hours, 1½ miles. Free.	Learn how Cape Cod was formed by a glacier. See the evidence, such as glacial banks and huge boulders and the barrier beach that formed after the glacier's retreat. Meet at Doane Picnic area, 2 <sup>nd</sup> parking area.	●						
<b>HIKE: SEAL SEARCH</b> <b>9:30 AM</b> 1½ hours, 1½ miles. Free.	Spot the seals that are found off of Coast Guard Beach and learn about their natural history and current population trends. Meet at Coast Guard Beach parking area. Labor Day weekend, arrive early due to limited parking. <b>No program 9/11.</b>						●	

## Eastham Programs *continued*

### LIGHTHOUSE TOUR: THREE SISTERS 3 PM

1 hour, ½ mile. Free.



These 19th-century lighthouses once provided a beacon for sailors off the shore of Nauset Light Beach. Learn of their history and importance. Meet at northeast corner of Nauset Light Beach parking area. **Beach fees apply Sundays.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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## Wellfleet Programs

### TOUR: ATWOOD- HIGGINS HOUSE 11 AM

1 hour.  
Free.



Learn about 18th-century architecture and about one of the early colonial settlements on the Outer Cape.  
**BY RESERVATION ONLY. CALL SALT POND AT 508 255-3421.**  
**Note: Due to rehabilitation projects this fall, the interior of the house may not be included on the tour.**  
**Directions:** From Eastham, take Route 6 north. Left onto Pamet Point Road, the last road before crossing the Truro town line.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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### WALK: NATURE'S NURSERY 2:30 PM

1½ hours, 1½ miles.  
Free.

Examine plant communities, from heathlands to cedar swamps, while descending from ocean bluff to watertable. Explore the factors that influence these changes in the landscape. Meet at the Marconi Station Site observation deck, off Route 6.  
**No program 9/2 or 9/9.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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### WALK: SHORELINE STROLL 10:30 AM

1 hour, 1 mile. Free.

Walk through the diverse habitats and explore natural processes of the Great Island land bridge known as "the gut." Discover how wildlife has adapted to this area. Meet at Great Island parking area.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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## Provincetown Programs

### WALK: TOUR OF THE TOWN 9 AM

2 hours, 3 miles.  
\$5 per person.

Explore Provincetown's history on a walking tour co-sponsored and presented by the National Park Service and the Pilgrim Monument and Provincetown Museum.  
**BY RESERVATION ONLY. CALL THE PILGRIM MONUMENT AND PROVINCETOWN MUSEUM 508 487 - 1310 TO REGISTER AND FOR MEETING LOCATION.**  
**No program 9/14 or 9/21.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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### WALK: PROVINCE LANDS DUNES AND BOGS

1½ hours,  
1 mile in loose sand. Free.

Explore the dunes and wild cranberry bogs of the Province Lands. Meet at Province Lands Visitor Center.  
**Monday programs at 10 AM. No program 9/13 or 9/20.**  
**Wednesday programs at 1:30 PM. No program 9/29.**  
**Saturday programs at 1:30 PM. No program 9/11, 9/18 or 9/25.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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### OPEN HOUSE: OLD HARBOR LIFE-SAVING STATION

1:30 to 3:30 PM  
Free.



Browse through this 1898 station which was instrumental in saving lives and property off Cape Cod shores. New exhibits tell the story of the U.S. Life-Saving Service, and the men who served. Park at Race Point Beach. Weekend beach entrance fees apply.  
**No Sunday open house 9/12 or 9/19.**  
**No Thursday open house 9/23.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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## Special Presentations and Partner Programs

### Autumn Winds

**Friday, October 1, 7 PM. Free.**

**Province Lands Visitor Center Auditorium, Provincetown**

Singer and maritime educator Celeste Bernardo will captivate and entertain with her traditional sea shanties and other songs of the sea.

**Sponsored by Friends of the Cape Cod National Seashore.**



### Friends of Cape Cod National Seashore

[WWW.FCCNS.ORG](http://WWW.FCCNS.ORG)

The Friends of Cape Cod National Seashore is a non-profit organization whose purpose is to enhance people's enjoyment of the seashore through financial and volunteer support.



### Henry Beston Anniversary Performance

**Monday, October 11, 2 PM, 1 hour. Free.**

**Province Lands Visitor Center Amphitheater, Provincetown  
(indoors if weather is inclement).**

40 year ago, Henry Beston's famous beach house at Coast Guard Beach, Eastham, was dedicated as a National Literary Landmark. To celebrate the event, film, television and Broadway actor Marvin Einhorn will perform a reading of Beston's *The Outermost House*, scripted by New York playwright Cynthia L. Cooper. Cooper's script and Einhorn's performance will place you at Coast Guard Beach as you listen to Beston's recollections and writings about his life and experiences on the Great Beach in Eastham.

### Nauset Light Tours

The non-profit Nauset Light Preservation Society (NLPS) worked cooperatively with the U.S. Coast Guard and the National Park Service to save Eastham's most famous historic structure from the Atlantic Ocean. Nauset Light, successfully moved in November 1996, is now operated by NLPS under agreement to the National Park Service at Cape Cod National Seashore.

**FREE. TOURS CONDUCTED BY NAUSET LIGHT PRESERVATION SOCIETY VOLUNTEERS EVERY SUNDAY, SEPTEMBER AND OCTOBER, FROM 1 TO 4 PM.**

[WWW.NAUSETLIGHT.ORG](http://WWW.NAUSETLIGHT.ORG)



### Truro Historical Society Sites



**HIGHLAND HOUSE MUSEUM** - open June through September. Located near Highland Light, the museum is a classic example of a turn of the century summer hotel. A visit affords insight into the everyday life of the past, from the Pamet Native Americans to the days when electricity and paved roads were unknown in Truro. The museum contains 17<sup>th</sup>-century firearms, shipwreck mementos, early fishing and whaling gear, household tools, farming implements, furniture, Sandwich glass and more.  
508 487 - 3397

**HIGHLAND LIGHTHOUSE** - open May 1 through late October. At the lighthouse, enjoy an interpretive center, climb the lighthouse tower and take in the beautiful view from the top. 508 487 - 1121.

**ADMISSION TO MUSEUM OR LIGHTHOUSE: \$3 PER PERSON; CHILDREN 12 AND UNDER FREE AT THE MUSEUM ONLY; MEMBERS FREE. (CHILDREN MUST BE 51" TALL TO CLIMB HIGHLAND LIGHT.)**

[WWW.TRUROHISTORICAL.ORG](http://WWW.TRUROHISTORICAL.ORG)